

Springtime Activities for Friday

On the Move

Egg Hunt:

Hide various size, shape, and colored eggs (balls, rocks or other colored toys can be used if you don't have eggs) throughout an area within your home or outside. Give your toddler a basket or container and have them hunt for the eggs. To extend this activity, have your toddler sort the items they find based on their size, shape, or color.

Adventures Online

Melting-Flow by: GoNoodle

During this pandemic we all can become a little upset, frustrated and feel different emotions. Let's practice a self-care routine to help our little ones cope during this time. Practice melting away that icky frozen feeling you get when you're scared, frustrated, or angry.

<https://www.youtube.com/watch?v=fTzXFPh6CPI>

As you practice the Melting-Flow encourage your child to be positive. This will help your child label and identify his or her emotions in a positive way.

Sensory Time

Shaving Cream Color Mixing:

Materials:

- Shaving cream
- Resealable plastic Bag
- Paint of various colors

Instructions:

1. Add a small amount of paint to the two bottom corners of the sandwich bag (a different color in each corner).
2. Add shaving cream to fill about 1/3 full.
3. Release any air bubbles and seal closed. You may tape the seal for added security.

Let child manipulate the bag to mix the colors. Talk about the different colors and how they change as the child mixes them together. Talk about how it feels. Show them how to smooth it out and use their finger to draw shapes in the shaving cream.

Story Time

Where is Bear?

"Where is Bear?" is a terrific tale for 2-year-old children and their parents! This interactive book encourages children to help Tiger and his forest friends in their search to find Bear. With each turn of the page, your child will get closer to finding him and you will learn about many important milestones to look for in your child. Look for the leaf at the bottom of each page and your own 2-year-old's milestone moments!

Download the book as a PDF

English - https://www.cdc.gov/ncbddd/actearly/pdf/books/WhereIsBear_ENG_Viewer-P.pdf

Spanish - https://www.cdc.gov/ncbddd/actearly/pdf/books/WhereIsBear_SPN_Viewer-P.pdf

Target Vocabulary: Splash, Knock, Cave, Pond, Pretend

Arts and Creativity

Stuffed Animal Tea Party

This is a fun activity that you can enjoy with your child that strengthens children's language skills, and their social and emotional development.

Materials Needed:

- Stuffed animals
- Table and chairs, or a blanket for a picnic
- Mugs or teacups
- Lemonade, herbal tea, or water (pretend tea)
- Pitcher
- Hats
- Gloves
- Crackers or sandwiches (optional, and can also be pretend)

Instructions:

Have your child choose what animals they would like to have attend the tea party. Assist your child with seating their "guests". Help your child set up the guests on chairs at the table, or on a blanket on the floor. Make this as fancy as you like! Your child can dress up and even dress up their stuffed animals, or just have them attend. Serve "tea" in small plastic or paper cups. Encourage your child to pour the tea, and to serve their friends. Model language skills for your child by asking "Do you like your tea? Would you like some more?" This is also a good time to practice using "Please and Thank you."